

# the brunswickan

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General Meetings: Friday at 12:30 Everyone Welcome!

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## Personally you...

If you have a problem, need some advice or just want to express your opinion about a political, social, economic or personal issue, write into 'Personally You.' 'Personally You' will give you advice, suggestions or comments concerning your letters. If additional information is required, 'Personally You' will advise you as to where to seek additional information. All letters can be dropped off at the Brunswickan office. (Due to policy, all letters are subject to editing.)

#### Dear Personally You:

I am a freshman at UNB and away from home for the first time. Upon arriving here, my roommate and I went out to one of the local bars to meet some people. I met this guy I thought was nice. He tried to force himself upon me and now I am bruised. I am from a very small town and am very trusting. I sort of blame myself. I was also very homesick and was just looking for a friend.

#### Small Town in a Big City

#### Dear Small Town:

First of all, I want to apologize to you for meeting this creep - not all men are like this. Secondly, do not blame yourself. You are just a very trusting individual. What has happened to you is called 'Date Rape.' You should talk to someone about this incident and your feelings. There is a counselling centre here at UNB. Please think about going to see someone there.

The following letter is very similar to your letter. I hope

you read it and realize you are not alone.

#### Dear Personally You:

I am writing this simply to inform other young girls about the hazards of picking up men at bars and getting too serious too soon. This letter was not written to console myself because my feelings have long been healed. My only consolation is that if this letter can reach out to just one of your readers and change their way of thinking, it would have been worth it.

It started in my second year of university when I met this man. We met at a bar and after a fun-filled evening, we decided to go out on a date. The date led to many more and after a few weeks, we fell in love. Over the next two months, I was so happy and truly believed that I had found the man I had been waiting for all my life.

We spent time alone together, yet I was blinded and unable to see that the relationship was all one-sided. This, however, would not have mattered because we planned on getting married. We spent New Year's Eve at his home and afterwards, he drove me back to UNB. He helped me get settled in, kissed me and said, "Talk to you later." That was the last I ever saw of him.

Weeks passed and after fruitless efforts of contact, it was like Prince Charming never existed. Over the next two months, I slipped into a depression. I was very close to a nervous breakdown. I had insomnia and cried constantly. I truly started to believe I was crazy.

I was forced to see a doctor

and was diagnosed as being very close to a nervous breakdown. By this time, I was behind in my studies and was failing four of my courses. I was too upset and embarrassed to appeal and therefore flunked out of university.

Due to this, I am now seeking employment. I was unable to discuss my problems with the staff at UNB, thus they believe I am just a poor student.

I have long since come to terms with what happened. However, due to one person's need to toy with my emotions, I have jeopardized my future. I am now a stronger person but a lot of damage was done that will leave scars for the rest of my life. Please beware and be sure this does not happen to you.

#### Burned and Learned

#### Dear Burned and Learned:

I thank you for sharing this experience with everyone. I realize this must have taken a great deal of courage to write. Hopefully, any person (male or female) who may find themselves in this predicament will look for help.

You make some very good points. However, one more should also be mentioned. Males are also in danger of finding themselves in this situation. Females tend to be more emotional when it comes to relationships; however, both sexes are very vulnerable. I hope all take heed and beware of false love.

